



Special points of interest:

- BRC/ERC Registration is now on AIRS
- Pedestrian Safety and Local Construction Projects.

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Safety News Leader FSH Garrison Safety

January/February

2010 New Year, New Staff in the Garrison Safety Office

By: Yvonne Martinez-Higgins

There are four new editions to the Garrison safety office. All of the new members started right before the 2009 holiday season and look forward to working with everyone on the many challenges our Garrison is facing. Our new staff members are: Yvonne Martinez-Higgins, Thomas A. Howes, Leonard Davis, and William M. Johnson.

Ms. Martinez-Higgins is prior service Army and has worked at both WHMC and BAMC. Yvonne has 15 years Medical Laboratory experience with years of HAZCOM, Biohazardous waste, and chemical waste disposal knowledge.

Mr. Johnson is a retired Army ISG, originally from Cincinnati, OH. GO BENGALS! Before joining the Garrison safety team as a civil service employee he worked for the team as a contractor and then the U.S. Army South, G3 office.

Mr. Howes retired from the Army in 2000. After leaving the Army, Tom worked in Law Enforcement before returning to the Army as a civil service employee. Tom transferred to our office from Ft. Hood, TX as a Tactical Safety Manager from the 36th Engineer Brigade.

Mr. Lenny Davis is coming to the Garrison safety office from the 12th CED safety office, Randolph AFB, TX. He has been in the safety career field for 14 years. Prior to Randolph, Mr. Davis was assigned to the HQ 11th Wing, Bolling AFB, D.C. The 11th Wing provides services to the HQ USAF and the AF District of Washington.

The original safety team, Tina, Wayne, and Gene welcome our new members and once again wish everyone a happy and safe new year.

Left to right:
William Johnson,
Thomas Howes,
Yvonne Martinez-Higgins,
and
Leonard Davis.





KNOWLEDGE

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

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THIS MONTH
VOL 4 JANUARY 2010

- * From the DASAF
- * Keeping the Soldiers in the Fight
- * Smashed, Trashed, and Stranded on the Road
- * Behold the Cold

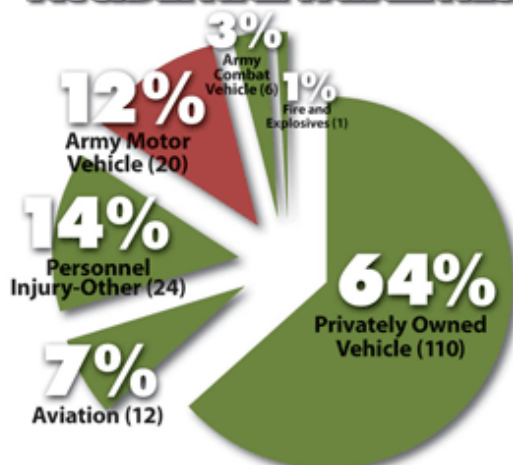
How Did Our Army Do? Fiscal Year End Review 2009

By: Mary Ann Thompson, Charisse Lyle, and Glen Davis
G5, Operations Research and Systems Analysis
U.S. Army Combat Readiness/Safety Center

The Army's accidental fatality numbers dropped in fiscal 2009 to their lowest level since the terrorist attacks of Sept. 11, 2001. Additionally, the accidental fatality rate, 0.24 per 1,000 Soldiers, is at its lowest since 1974, the year the Army Safety Management Information System began. Leading the way in the decline were privately owned motorcycle deaths, which dropped by 19 when compared to fiscal 2008. During fiscal 2009, the Army experienced 173 accidental military fatalities. Overall, fatalities were down 16 percent from the 207 experienced in fiscal 2008. As seen in the chart below, privately owned vehicle (POV) accidents accounted for 64 percent of the fatalities, followed by personnel injury-other (PIO) accidents at 14 percent, Army motor vehicle (AMV) accidents at 12 percent, manned aviation accidents at 7 percent, Army combat vehicle (ACV) accidents at 3 percent and explosive and fire accidents at 1 percent. For a more detailed breakdown of Army on-duty and off-duty accidental fatalities during fiscal 2009 linking to the site below.

https://safety.army.mil/knowledge_online/january2010/HowDidOurArmyDo

FISCAL 2009 SOLDIER ACCIDENTAL FATALITIES



Note: Green represents a decrease from fiscal 2008 numbers; red represents an increase.

SOLDIERS KILLED IN POV ACCIDENTS

Vehicle Type	Fiscal 2009	Fiscal 2008	Increase/Decrease
Motorcycle	32	51	-19
Sedan	40	44	-4
Other POV	32	30	2
Pedestrian	5	4	1
Totals	109	129	-20

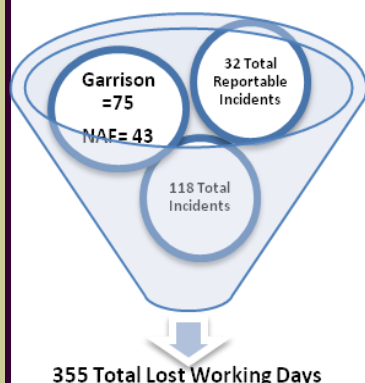
SOLDIERS KILLED IN MOTORCYCLE ACCIDENTS

Motorcycle Type	Fiscal 2009	Fiscal 2008	Increase/Decrease
Sport	20	37	-17
Cruiser	10	7	+3
Not Reported	2	7	-5
Totals	32	51	-19



Fort Sam Houston

Total FSH Incidents 118
Reportable Incidents 32
Total Days Lost 355



Cell Phone / Texting Tickets 2009

Total Cell Tickets 621

Total Texting Tickets 47

Note:
FSH is a
Hands free
Post!



How Did Our Ft. Sam Houston Do? Fiscal Year End Review 2009

Three most common safety mishaps

With construction and office relocations it is understandable that safety issues are constantly emerging and created. As the Garrison Safety Office tracks these issues it is paramount that our community informs us of new and existing issues to mitigate injury and hazards. In review of 2009, the three most common safety mishaps for Ft. Sam Houston in 2009 are: slips, trips and falls, improper lifting and back strains.

Primary causes for slips, trips and falls are: falls and trips on building stairs and steps, uneven walking surfaces, and obstructions (office chairs, cabinets and cluttered work space). Suggested training/prevention includes educating the workforce on the importance of increasing traction through proper footwear or non skid strips or floor coatings, keeping areas clean and clear, and avoiding behaviors like walking too fast or running; distractions, not looking where one's going, etc.

Improper lifting primary causes are collapsing/falling of boxes due to poor storage methods, lifting items that are too heavy; improperly estimating weight of items, and not asking for assistance. Suggested training/prevention include proper stacking and storage methods, proper lifting techniques everyday (keeping the back straight, bending with the legs, testing the weight of the load and hugging it close to the body), and use of material handling equipment for heavy loads.

Back Strains primary causes are: over exertion, twisting and not understanding one's lifting limitations. Suggested training/prevention include: avoid lifting whenever possible through proper placement of objects, the use of material handling equipment for heavy loads, and educating our workforce on proper body management.

2010 Safety Objectives:

- * Reduce Off-Duty Loss
- * Reduce On-Duty Loss
- * Reduce Civilian Injury
- * Increase Accident Reporting in an accurate and timely manner



Useful FSH Phone Numbers:
Post information
210-221-1211
Emergency Work Orders
221-3144
Fire, Police, and Ambulance
is 911
Routine information calls for
Fire and Military Police
221-2222



January 2010

The time is
always right to
do what is
right.

~Martin
Luther
King, Jr.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Intermediate Driver Course	6 Intermediate Driver Course	7	8	9
10	11	12	13 BRC	14	15	16 BRC
17	18 MLK	19 Intermediate Driver Course	20	21	22	23
24	25	26 Extravaganza	27 BRC	28	29	30 ERC
31	January is National Radon Action Month For more information: http://www.epa.gov/radon/nram/public.html					

Acronyms:

- BRC= Motorcycle Basic Rider Course
- ERC= Motorcycle Experienced Rider Course
- MLK= Martin Luther King , Jr. Day (Federal Holiday)
- Newcomers Extravaganza is located at the
Ft. Sam Houston Club
0930-1100
Food, giveaways, and informational booths

NOTE:



Remember to be mindful of pedestrian traffic and the construction areas. Please reduce your speed in construction areas and keep your eyes on the road. There are new obstacles being introduced on a daily basis. Construction is projected to increase so stay safe and alert.





February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Intermediate Driver Course	3 Intermediate Driver Course	4	5	6
7	8	9	10 BRC	11	12	13 BRC
14 ❤️	15 President's Day	16 Intermediate Driver Course	17 BRC Intermediate Driver Course	18	19	20 ERC
21	22	23 Extravaganza	24	25	26	27
28						

February is National Burn Awareness Month <http://www.shrinershq.org/Hospitals/>

Burn Tips:

For minor burns,

Cool the burn. Hold the burned area under cool (not cold) running water for 10 or 15 minutes or until the pain subsides. Cover the burn with a sterile gauze bandage. Don't use fluffy cotton, or other material that may get lint in the wound. Wrap the gauze loosely to avoid putting pressure on burned skin.

For major burns, call 911 or emergency medical help

Quick Facts about Burn Injuries

Each year in the United States, 1.1 million burn injuries require medical attention. Approximately 4,500 people die. And up to 10,000 people die every year in the U.S. from burn-related infections. . Fires caused by gasoline are a major factor in burn injuries. In one year there were 4,700 gasoline fires in U.S. homes. According to the Consumer Products Safety Commission, in one year approximately

1,270 children under age 5 were treated in emergency rooms for injuries resulting from the misuse of gasoline and unsecured gasoline cans. Children ages 10-14 are almost four times more likely to get in trouble with gasoline. To share important gasoline burn prevention safety messages, Shriners Hospitals for Children has produced a series of materials including a coloring book featuring Anthony the Fire Ant, fact sheets, posters and a DVD that can be ordered

at no charge (while supplies last). To get information visit the website below.

http://www.shrinershq.org/Hospitals/Burn_Awareness/About/



Be heart-healthy.

February is American Heart Month, so Valentine's Day is a great time to start taking heart-healthy steps. Control and prevent risk factors for heart disease to be a healthy valentine all year long.

- Prevent and control high blood pressure, high blood cholesterol, and diabetes.
- Avoid smoking and secondhand smoke.

- Limit alcohol use.
- Maintain a healthy weight.
- Be active.
- Eat healthy.

For more information link up to the CDC

<http://www.cdc.gov/features/heartmonth/>





U.S. Army
IMCOM
Traffic Safety Training Program



U.S. ARMY

**ARMY SAFE
IS ARMY STRONG**

Garrison Safety
Contact Information

E-mail: FSH.Safety@conus.army.mil

WE are on the Web!
Www.samhouston.army.
mil/iso/



Tom's Traffic News...

By: Yvonne Martinez-Higgins and Thomas Howes

Basic Motorcycle Rider Course (BRC) and Experienced Rider Course (ERC) scheduled for the first quarter of 2010 is now accepting registration applications at no charge to services members and DoD Civilians that would like to learn how to ride a motorcycle. The BRC is the initial training course for all motorcycle riders. This course provides basic motorcycle skills and prepares riders for licensing procedures. (BRC) Riders will discuss how to balance the mental and physical aspects of safe riding, manage risk, increase visibility and optimizing lane position while riding. The (ERC) covers: protective gear, rider responsibility, motorcycle inspection and maintenance, the effects of alcohol and other drugs on riding, and includes an optional skill evaluation and knowledge test. Using your own motorcycle, you'll put into practice the techniques of managing traction, stopping

quickly, cornering and swerving.

The Installation Army Traffic Safety Training Program website is:

<https://airs.lmi.org>

Region (West)

Garrison (Fort Sam Houston);

Courses (applicable course)

or contact the Installation Safety Office for information.

To learn more on how to get started call 221-3846



Upcoming Training Events!

- Collateral/Additional Duty Safety Officers
- Forklift Training
- Drivers Training Courses
- Motorcycle Riders Courses
- Composite Risk Management Training

Contact the Garrison Safety Office for more information and details:

Call 221-3840, 4576, 4543, or 5239



The Interactive Customer Evaluation is your direct link to any Fort Sam Houston service provider on the system. This is your chance to let us know how we are doing!

visit the ICE website following the link below.

http://ice.disa.mil/index.cfm?fa=site&site_id=450



If there are any safety related topics you would like to see printed in the Safety News Leader please let us know by contacting us via post distribution or email:

Garrison Safety Office
BLDG 4196
2202 15th Street, Suite 33
FT Sam Houston, TX 78234

Distribution mail drop box # 41
Or FSH.Safety@conus.army.mil



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WE are on the Web!
www.samhouston.army.mil/iso/

